

**Office of Population Affairs  
Office of Adolescent Pregnancy Programs**

**Abstinence Education Demonstration Projects  
FY 2007**

**Alabama State University**

Montgomery, Alabama

Alabama State University (ASU) is a Historically Black College/University. ASU is partnering with the Gift of Life Foundation, a non-profit, community-based organization. The AFL project is an expansion of an existing pilot program that will target 12 junior high and high schools in Montgomery County. The project focuses on students in grades 7 through 12 and is based on the theory that an individual's behavior is determined by cognitive and environmental factors. The project provides instruction in the public schools, most during regular school hours, with pledge cards, two-tier mentoring, and parent training seminars. The intervention team consists of a registered nurse, social worker and university student assistant and uses the curriculum, "Choosing the Best," over a period of two weeks during health classes. The project conducts four training sessions for parents of the students using the Parent Training curriculum, "Choosing the Best." The evaluation design consists of pre/post-testing and journaling with the use of a comparison and control group.

\* Grant: \$225,000

\* Contact: Tina Vazin; 334-229-6972

**Winslow Unified School District #1**

Winslow, Arizona

The Winslow Unified School District #1 dates back to 1885 and consists of three elementary, one junior high and one high school. Winslow is a small, rural community about 60 miles east of Flagstaff with a population of about 9,500. The teen population is about one-third of the entire population. Winslow is the largest city in Navajo County, the population of which is about 100,000. Most residents of the County are minorities, with Native Americans being the largest group. Teen births and sexually transmitted diseases among teens are more than double the national average. In an effort to reduce pregnancy and disease among adolescents, the School District implemented an in-school education program with a view to reducing sexual activity among adolescents. The AFL program is an expansion of this existing program, but it is a more intensive program and implemented after school - there have been no after-school programs in this District until now. The Project uses the FACTS curriculum as well as A.C. Greene's "I have the Power." The youth in this program are all students in grades 5 through 12. In addition to the curriculum and educational aspects of the program, the Project has added other developmental assets activities to further support and strengthen the abstinence message. Clients are exposed to more than 20 hours of intervention during the school year.

\* Grant: \$198,380

\* Contact: Bruce Packard; 928-774-1121

### **Kings Community Action Organization**

Hanford, California

Kings County Action Organization is a private, non-profit organization that was established in 1967 designed to provide anti-poverty activities for Kings County. The agency reaches out to low-income people to address their multitude needs and administer a full range of coordinated programs designed to have a measurable impact on poverty. "Making Smart Choices From the Start" (SMART targets Kings County, California. This county is rural, agricultural and located in the San Joaquin Valley). The project implements three separate bi-weekly educational sessions (18-20 hours) after-school with 10-12 year olds and 13-15 year olds. The program utilizes an age appropriate curriculum that teaches premarital abstinence from sex and abstinence from other risky health behaviors. Lessons are reinforced through a variety of strategies, including social activities following lessons that give teens sufficient time to digest the information and form bonds with the group and outside presenters. Teens have Holiday parties and conduct fund raisers in order to go on field trips. Support services range from individual counseling, helping with housing costs (heating bills, insulation), Head Start for younger siblings, and crisis support services for individual teens and their families, as well as a 9 hour parent training. The support services are a part of the grant match.

\*Grant: \$237,567

\*Contact: Joey Cox; 559-583-0315

### **Vista Community Clinic**

Vista, California

The JUNIOR REACH program serves two neighborhoods, one in the Eastside area of Oceanside and the other in the Townsite neighborhood of Vista. Residents of both areas are predominately Hispanic, have low educational attainment, and live in poverty. JUNIOR REACH utilizes a community youth development approach to implementing a comprehensive program modeled after the Children's Aid Society - Carrera model which includes the following components: 1) family life and premarital abstinence education; 2) individual academic assessment and tutoring; 3) employment readiness through Service Learning; 4) self-expression through the arts; 5) sports activities; and 6) comprehensive health care through referral. Over one hundred pre-adolescents ages 9-12 participate in 120 hours of the program. Expected outcomes among participants include: increased knowledge and self-esteem, reduced levels of depression, improved grades/ school performance, and commitment to abstinence.

\* Grant: \$225,000

\* Contact: Nannette Stamm: 760-407-1220 ext. 163

### **Northridge Hospital Foundation**

Northridge, California

The Promoting Abstinence for Teen Health (PATH) Plus project reaches high-risk adolescents in primarily Latino communities. Based on findings from a previous Adolescent Family Life grant, PATH Plus provides abstinence education and skill building workshops for 6th through 8th grade students in local public middle schools. Trained high school peer educators facilitate the abstinence sessions using the "Sex Can Wait" (ETR Associates) curriculum and recreational team building and confidence

building activities. At the completion of the after-school and peer-led abstinence program, students and their families participate in a one day PATH Plus Olympics. During this field day event, the abstinence and youth development messages are reiterated and parents are informed and encouraged to support their children in this capacity. In addition to being involved in the PATH Plus Olympics, a Parent Involvement Component providing the "Let's Talk" parent education program and a Parent-Student-Community Advisory Committee encourages parents to participate in the program. The evaluation of this project tracks increased intentions to remain abstinent and increased school connectedness in program youth.

\* Grant: \$210,647

\* Contact: Bonnie Bailer; (818) 785-3143

### **YMCA of San Diego**

San Diego, California

The goal of the Teen Link Community (TLC) Project is to combine focused abstinence education with community youth development to motivate and reinforce positive youth behaviors as a means of enhancing resiliency in youth. The TLC project includes two main components: (a) Project LEAD (Leadership Education and Advocacy Development), twenty hours of comprehensive youth development intervention in a weekly format for middle and high school youth; and (b) PRYDE Plus, an abstinence only after school program for middle and high school youth which educates students on healthy behaviors, negative pressure resistance techniques, and consequences of early parenthood. An enhanced version of the "Sex Can Wait" (ETR Associates) curriculum and infant simulators are used in this component. The evaluation of this project is tracking whether program activities increase youth intention to remain abstinent and increase youth knowledge on information related to abstinence education.

\* Grant: \$225,000

\* Contact: Iresema Garcia; 619-281-8313

### **Economic and Social Opportunities (ESO)**

San Jose, California

This AFL abstinence education project reaches 150 students and 50 parents through both curricula-driven and Developmental Assets approaches. The intervention for students consists of 45 one-hour sessions over a 9-month period. The parents' component consists of four one-hour workshops over the same period. Economic and Social Opportunities is a community agency established in 1970 that has provided a myriad of services to individuals and families for over 30 years. Its mission is: "To create opportunities for people to take responsibility for their economic independence and to strengthen families." The agency provides program in training and education, housing and energy, family health services childcare as well as food banks. Since 1995, the agency has received State funds to "achieve significant reductions in the number of dropouts from schools, teen pregnancies, violence and substance abuse." In 1996, the applicant received a grant from the California Office of Family Planning that created what the applicant calls "The TAG (TEAM and GROW) Program" carried out by a

"TAG TEAM" to provide teen pregnancy prevention education through an abstinence based approach. With this experience and expertise, the agency has both the competency and expertise to carry out and evaluate the AFL abstinence education program. The program is being implemented in public schools during regular school hours.

\*Grant: \$200,000

\*Contact: Chandra Lopez-Brooks; 498-971-0888 x 508

### **Communities Choosing Adolescent Pregnancy Prevention Program (C-CAPP)**

San Francisco, California

C-CAPP is a private, non-profit community agency that specializes in abstinence education in the City and County of San Francisco. This AFL abstinence education program is being conducted in 17 high schools and 13 middle schools in the City and County of San Francisco for a total 30 public schools. The program, conducted by young specially trained health educators, will reach an estimated 5,000 students in grades 7 through 12 every year. The ethnic make-up of this project includes Caucasians, African Americans, Hispanics, Chinese, Filipinos and Southeast Asians. The program includes several sessions for parents as well as works with Beacon Centers in after-school programs in and around San Francisco. The intervention, largely a curriculum-driven mixed with a Developmental Assets approach, expands a previously-funded AFL 9 one-hour dosage sessions to twelve sessions. Interventions conducted at the Beacon Centers for parents represent a further expansion of the previous program. In addition, special counseling and guidance sessions after-school have been added and are carried out at the agency's own facilities. The program has tremendous support from the public school system and the public school teachers. The program expects to find that these activities will increase knowledge about abstinence and increase support for participants.

\*Grant: \$250,000

\*Contact: Bob Baillie; 415-334-6810

### **Colorado State University Cooperative Extension**

Cortez, Colorado

Colorado State University (CSUCE) is implementing the DARE to be You program in an urban site in Denver, CO, focusing on African American families, and a rural site in Montezuma County with white, Hispanic, and Native American families. The target population is 12-14 year old youth, their families, and community volunteers who work with the youth. The family program involves youth and their family members in 11 weeks (22 hours) of programming focused on family relationships, self responsibility, parenting, self-efficacy, communication, problem-solving skills, and parent-child communication regarding abstinence and relationships. Families are recruited from the community and are randomly assigned to control and intervention groups, receive the intervention, and are followed up at 6, 12, and 18 month intervals. The project also trains community volunteers, teachers, youth group leaders, mentors, and peer leaders who work with youth to implement the DTBY curriculum and abstinence education with the youth and families.

\* Grant: \$225,000

\* Contact: Jan Miller-Heyl; 970-565-3606

**National Organization of Concerned Black Men**

Washington, District of Columbia

The National Organization of Concerned Black Men, Inc. (CBM) is a non-profit organization that seeks to improve the condition of children and their families by helping them with life's many challenges. The grantee uses a comprehensive approach to teaching and evaluating the abstinence until marriage message with youth in the D.C. area in 5 middle school and community sites. Youth educational sessions on the consequences of premarital sex; self-esteem, peer pressure resistance and other life skills training; mentoring; individual and family counseling; parenting education; and referrals to recreational and family service agencies are utilized as part of this abstinence education program. A community outreach component is also included and seeks to improve each school's norms on abstinence.

\* Grant: \$243,538

\*Contact: Cheryl Johnson; 202-783-0101

**Boys & Girls Club of Sarasota**

Sarasota, Florida

The Boys & Girls Club of Sarasota is a 501(c)(3) agency that has replaced their previous program, "Ready Set Go Program," with SMARTMoves (Skills Mastery and Resistance Training) curriculum/program. The SMART Moves is a nationally acclaimed comprehensive prevention program that helps young people manage the most immediate threats to their well being- alcohol, tobacco, drugs and premarital sex. The program is designed to reduce pre-teen and teen vulnerability by giving them the tools they need to help themselves. The B&G Club of Sarasota is implementing their SMART Moves curriculum/program as an after-school and summer program in three Club Units. The first is Roy McBean, which is located in Bertha Mitchell public housing area; the second is Fruitville, which is located in the city, but most participants come from subsidized housing; the third is North Port, which is a rural community where children travel great distances to and from school. The program features engaging, interactive small group sessions designed to increase participants' peer support, enhance their skills, build their resiliency, and strengthen their leadership skills.

\* Grant: \$225,000

\* Contact: Dawn Page; 941-366-3911

**Switchboard of Miami, Inc.**

Miami, Florida

Incorporated in 1971 as a private, non-profit 501 (c)(3) service agency, Switchboard of Miami, Inc. has over 30 years of experience in the community as a substance abuse, pregnancy, and HIV prevention provider. This agency has been a member of the United Way of Miami-Dade County since 1979 and is licensed by the Florida Department of Children and Families (DCF) and the American Association of Suicidology. The Holistic Education and Abstinence Reinforced for Teens (HEART) Program, provides a set of abstinence-based interventions for all 850 ninth grade students in Miami Jackson High School. This program utilizes "Sex Can Wait," "Botvin Life Skills Training-LST," "Baby-Think-It-Over" and case management strategies as needed.

\* Grant: \$225,000

\* Contact: June Moran; 305-358-1640 ext. 109

**Switchboard of Miami, Inc.**

Miami, Florida

Switchboard of Miami's Project REAL (Reinforcing Education through Abstinence and Leadership) tested with 447 seventh graders and 428 eighth graders in Allapattah Middle School in Miami-Dade County. The project tests the effect of implementing a potentially powerful abstinence intervention, "Baby Think it Over," to a standard, proven effective abstinence education curriculum, "Choosing the Best." In addition, Project REAL tests the effect of the self directed parent/family involvement component associated with "Baby Think it Over" with parent(s) and family members of participants through workshops and special parent/family initiatives. Project REAL also recruits mentors (youth and adults) to be paired with high-risk teens and adults to help prevent future premarital pregnancies and provide other pro-social support.

\*Grant: \$300,000

\*Contact: Janet Mapp; 305-358-1640 ext. 136

**BETA Center, Inc.**

Miami, Florida

BETA Center is an Orlando-based, not-for-profit social service agency that provides a wide array of educational and support programs for youth, parents, and families. With an Adolescent Family Life (AFL) Demonstration grant from OAPP, BETA has strengthened their intervention through enhanced educational services. The agency utilizes an integrated Family Action Model for Empowerment (FAME) to enhance the agency's current community-based programming while providing a model for higher intensity, and broader scope of prevention-oriented services.

\* Grant: \$225,000

\* Contact: Leisa Bishop; 407-277-1942 ext. 134

**Urban League of Broward County**

Ft. Lauderdale, Florida

The Urban League of Broward County is a community based non-profit organization located in Ft. Lauderdale with a mission to promote economic and social equality for African American, Caribbean, Hispanic, and other disenfranchised groups. The Community Abstinence Project engages youth at faith-based sites, community organizations, and schools. The CAP program uses the "Sex Can Wait" curriculum and educational materials developed by the Florida Abstinence Education Coalition. In addition, staff train teachers, youth workers and peer leaders who believe in the program to ensure a holistic approach and incorporates a six-week summer component, Leadership Camp-Great to Wait, which engages students during the out-of-school time.

\* Grant: \$99,227

\* Contact: Paul Van Putten; 954-584-0777 ext. 2548

**Wheeler County Board of Education**

Alamo, Georgia

The project offered by this grantee addresses critical issues such as school readiness, family issues, and at-risk behaviors through a comprehensive after-school and Summer abstinence program which uses the "Choosing the Best" curriculum along with tutoring, mentoring, recreational activities, cultural enrichment activities, community service and parent involvement components.

\* Grant: \$225,000

\* Contact: Gary Mullis; 912-583-2740

### **Morehouse School of Medicine**

Atlanta, Georgia

Project CHOICES is an after school project that educates and motivates 4th grade students in 3 western counties of Georgia. The project incorporates and evaluates multiple intervention strategies that motivate and support the targeted youths' efforts to refrain from sexual activity and other risky behaviors. Project CHOICES provides after school prevention services as well as on weekends and in the Summertime. The activities include a value-based abstinence education component, homework assistance (by certified teachers), social skills training component, trained peer helpers (middle school students), entrepreneurship component, cultural and recreational activities, volunteerism and community services, one-on-one adult mentoring, parent communication education component, and community collaboration and involvement.

\* Grant: \$250,000

\* Contact: Mary Langley; 404-752-1503

### **Emory University**

Atlanta, Georgia

The underlying premise of this project is that the gains made for youth through abstinence education (or any type of prevention education) are undermined by the massive influence of the media (television, music, video games, etc.). This project is therefore designed to provide the missing link in abstinence education for youth and their parents. The overarching goal of this project is to reduce school-age pregnancies in Georgia by adding an innovative media intervention to current abstinence efforts. Through the Media Madness Program, the expected result will be an increased proportion of youth intending to delay sexual involvement based on pre- and post-testing. Also, parent's communication skills are enhanced and strengthened when talking with their children about media messages.

\*Grant: \$299,520

\*Contact: Marion Howard; 404-712-8730

### **Lake County Health Department**

Waukegan, Illinois

"Teens Taking Charge" offers an integrated continuum of services, activities and opportunities for participating teens that help develop the necessary skills to successfully move into productive, independent adult living. The project integrates, enhances and expands existing school- and community-based abstinence education services to fully embrace best practices in youth development by assisting teens to develop personal leadership skills and provide the opportunities to test and practice their knowledge and

skills. "Teens Taking Charge" offers year-round, school- and community-based abstinence education, leadership development and peer education training as well as community service opportunities.

\* Grant: \$225,000

\* Contact: Susan Bekenstein; 847-377-8060

### **People's Regional Opportunity Program**

Portland, Maine

PROP has program offices in four urban low-income neighborhoods where residents originate from several African, Asian, Middle-eastern and European nations. This project engages both youth and adults in the demonstration program by utilizing the asset building model and engaging neighborhood adults as active resources/mentors for youth. Abstinence education is implemented in the framework of community involvement and mentoring activities. Older youth are trained to provide mentoring services to the younger youth (peer leader model) and the community is actively engaged in planning and implementing program activities. The evaluation is expected to show increases in youth assets and increases in knowledge about issues related to abstinence.

\*Grant: \$165,000

\*Contact: Favor Ellis; (207) 874-1140 ext. 363

### **University of Maryland at Baltimore**

Baltimore, Maryland

The University of Maryland partners with a community agency to provide prevention, intervention, and treatment programs through an array of youth, community development, and family strengthening services. The project is holistic and comprehensive with services that include: health education (enhanced "Sex Can Wait" curriculum), academic enrichment, mentoring, parent intervention, and other activities. The core curriculum is implemented over 24 two hour sessions - a dosage level of 48 hours. These 48 hours of curriculum are in addition to the other planned enhancing activities. Also, the booster sessions offer an additional 12 hours of education, increasing the level to 60+ hours of intervention.

\* Grant: \$228,924

\* Contact: Connie Williams; 410-328-3725

### **The Cumberland YMCA**

Cumberland, Maryland

The Cumberland YMCA is a non-profit agency that has emerged as a leader over the past 130 years, in addressing the needs of Alleghany County's struggling families. This project is designed to promote abstinence by empowering parents, especially high-risk residents of under-served areas, to provide appropriate guidance and support to help their children develop positive assets during their formative years. Through The Family Center Outreach Program, The YMCA ICE (Integrity Character and Education) Program, and the Y's Guys and Gals Program I, these objectives will be accomplished.

\* Grant: \$172,054

\* Contact: Sharon Cihlar; 301-777-9622



**Boston Medical Center Corporation**

Boston, Massachusetts

Families United for Health (FUTH) is a collaboration between Boston Medical Center (BMC), Dorchester-based Youth and Family Enrichment Services, Wilson Middle School and several local churches. Utilizing a comprehensive abstinence education curriculum and activities, the grantee offers a year long in-school and after-school program to primarily Haitian youth as well as a comprehensive summer program. In addition, parent/child workshops are held at local churches. The goal of this project is to promote the message that abstinence from sexual activity until marriage and avoiding other health risk behaviors is the path to a health and happy lifestyle. The evaluation expects to find that program participants will increase knowledge about sexually transmitted infections, the benefits of abstinence and increased parental involvement.

\* Grant: \$246,735

\*Contact: Nicole Prudent; 617-414-3808

**Ingham County Health Department**

Lansing, Michigan

The Adolescent Health Services of the Ingham County Health Department is implementing an AFL abstinence education project. A middle school abstinence curriculum and Search Institute's 40 Developmental Assets are the foundation for a Peer Education intervention. Activities take place in two brand new in-school programs, three after-school programs, a peer education series and four community-based programs. All parents of program participants are invited to participate in a parent workshop designed to facilitate parental involvement and communication between parent and child on a variety of topics.

\*Grant: \$276,826

\*Contact: Kathy Way; 517-702-3525

**Planned Parenthood of Northern Michigan**

Petoskey, Michigan

The Planned Parenthood of Northern Michigan is implementing the MERIT (Motivation, Esteem and Respect in Teens) curriculum to expand and compliment the "How To Say No" (HTSN) abstinence program. The ultimate goals are to examine to what extent MERIT is effective in providing high-risk teens with the motivation and skills needed to remain sexually abstinent, and to empower adolescents to make healthy choices, more specifically the choice to remain abstinent. The PPNM examines to what extend the effectiveness of HTSN may be enhanced when presented in combination with MERIT. The MERIT is a ten weekly session curriculum that covers communication, emotions, self-worth, values, decision-making, relationships, sexuality, abstinence, pressure resistance skills, goal setting and substance abuse. The PPNM is geographically expanding the existing abstinence program as well as programmatically expanding to two additional multi-county areas while maintaining HTSN in all middle school students. Through this program's expansion, the applicant targets adolescents at high-risk of early sexual activities and other unhealthy behaviors for the additional MERIT program.

\* Grant: \$103,106

\* Contact: Lori O'Neill; 231-347-9692

**Youth Opportunities Unlimited**

Marks, Mississippi

This AFL prevention project, M.A.D.A.M.E. (Making Alternative Decisions and Modeling Excellence) Butterfly is an innovative AFL prevention project that targets "high risk" pre-adolescent and adolescent girls living in rural Mississippi communities. The population served is females between the ages of 8 and 18 attending schools in Quitman, North Panola and West Tallahatchie counties. The project includes educational instruction through the use of three curricula and other youth development interventions including a leadership corps, peer mentoring and video production.

\*Grant: \$260,633

\*Contact: Shirley French; 662-326-4614

**Southern Nevada AHEC**

Las Vegas, Nevada

AHEC is a private, non -profit organization and is part of the national AHEC program. Incorporated in 1989, Southern Nevada AHEC's mission is to improve quality healthcare through education and outreach and to strive toward a culturally diverse workforce in four southern counties in the State. The AFL project focuses solely on parents to train them to be the best educators of their children in the areas of sex education, health, communication, decision making, goal setting, social support, Developmental Assets, risk avoidance, etc. An interactive CD-Rom with parenting situations and engaging activities is utilized as well as excellent outreach and group facilitators. This AFL project places a very strong emphasis on families and family involvement. It estimates that it will involve nearly 1,000 parents per year. The entire approach is testing what impact parent education will have on reducing sexual involvement, pregnancy and diseases among adolescents.

\* Grant: \$200,000

\* Contact: Mary Rosenthal; 702-212-6382

**Freedom Foundation**

Newark, New Jersey

The Freedom Foundation is implementing abstinence programming using the Best Friends/ Best Men model with 10-14 year old students in Newark, NJ. Activities include bi-weekly health lessons, weekly physical fitness classes, weekly sessions with an adult mentor, cultural activities, exposure to positive role models, referrals to needed health services, community service projects, a parental advisory council, and a year-end recognition ceremony. Participants receive at least 110 hours of guidance and activity each year. The grantee assesses the effects of program activities on risky behaviors such as drinking and smoking, attitudes towards sexual activity, abstinence, and marriage, the creation of a more positive environment for positive health behaviors, and refusal skills, and the adolescent pregnancy rate for program participants. Data from program participants is compared to data from non-participants at matched schools.

\*Grant: \$293,156

\*Contact: RoseMarie Peterkin; 973-733-7907

### **Our Lady of Lourdes Memorial Hospital**

Binghamton, New York

Project HOPE works with a forum of parent activists who are commissioned to develop a prevention model for discussing sexual matters with their children. The grantee will provide the structure, support and resources necessary to help parents accomplish their mission. The parent forum has ownership of the creative process and develops the methods to disseminate the expertise, experience and strategies they discover that work to enhance family communication and education around sexuality with their children. Parents perpetuate the process of providing support and education by sharing what they have learned with other parents.

\*Grant: \$300,000

\*Contact: Bette Gifford; 607-584-4500

### **Catholic Charities**

Syracuse, New York

Catholic Charities of the Roman Catholic Diocese of Syracuse, New York, commonly referred to as Catholic Charities of Onondaga County (CCOC) is a private non-profit agency incorporated in 1920. The CCOC serves boys and girls ages 5-13 and their families in 6 neighborhood centers throughout Syracuse. The CHOICE Program incorporates the successful strategies of two projects; "Caregivers" and "Adolescents Empowered for Sexual Health and Family Exploration." Together these programs have served well over 1,000 culturally diverse youth and their families. In addition, the CHOICE Program adds innovative modification and enhancement, which are based upon both evaluation findings and experimental learning. CHOICE uses a "youth development" approach to abstinence education to guide children, adolescents and their parents through the obstacle course that define childhood. Additionally, CHOICE is comprised of 4 components: 1) age appropriate health education; 2) parent information and dinner club; 3) peer meetings; 4) and youth activities.

\* Grant: \$225,000

\* Contact: Felicia Castricone; 315-474-7428

### **Be'er Hagolah Institutes (BHI)**

Brooklyn, New York

The REAL DEAL is a prevention demonstration project that serves the local area of Starrett City in Brooklyn, New York and neighboring communities in Queens, New York. Services provided, to primarily Russian immigrant adolescents and their parents, include education on the responsibilities of sexuality and parenting; assistance to parents in educating adolescents concerning self-discipline and responsibility; appropriate educational and vocational services; a broad array of activities to promote a healthy sense of self-esteem; counseling for program participants; outreach services to families of adolescents to discourage unhealthy decisions; and nutrition counseling. The abstinence curricula used during the educational component are: "Abstinence: Pick or Choose Activities" (ETR Associates), "Sex Can Wait" (ETR Associates), and "Facing Reality" (Project Reality). All services are provided in the BHI schools during and after school hours and all facets of the program encourage teens to serve as peer mentors and program planners.

\* Grant: \$225,000  
\* Contact: Laya Milstein; 718-642-6800 x 101

### **St. Luke's Roosevelt Hospital**

New York, New York

St. Luke's Hospital is a not-for-profit hospital implementing a prevention program for sixth grade classes in inner-city schools in the East Harlem, Manhattan Valley and Lower East Side communities of New York City. The program is an expansion of STAR LO, an interactive theater intervention that began in 1991, that reaches youth through providing culturally and developmentally appropriate information. Each cycle has an original performance which assists the youth in incorporating positive behaviors and decision-making skills to enable them to abstain from sexual activity. Five four-session parent trainings are offered as well as a teacher training series. This training exposes them to the same information as the youth and provides the communication skills necessary to support the youth.

\* Grant: \$250,000  
\* Contact: Cydelle Berlin; 212-523-3599

### **Builders for Youth and Family (BFFY)**

Brooklyn, New York

Builders for Youth and Family for the Diocese of Brooklyn serves an urban neighborhood of Bushwick, Brooklyn and targets boys and girls ages 9-14 attending local public middle schools. The FLAG (Family Life Abstinence Grant) Program, based on the "Community of Caring" model, teaches middle school children values in an after-school structured setting, providing opportunities for families to engage in activities and discuss values together, provides homework help and educational enrichment, trains adults in values education and reinforces values in all of its components. A revised Community of Caring curriculum with an abstinence education component is used. Other activities include community service and student forums.

\* Grant: \$225,000  
\* Contact: Stacey Lawrence; 718-455-4649

### **Roanoke Chapel Baptist Church**

Jackson, North Carolina

Roanoke Chapel Baptist Church, a faith-based, not-for-profit organization, is collaborating with Halifax County Schools, Northampton County Schools, and the Departments of Health and Social Services in Halifax and Northampton Counties. Roanoke Chapel Baptist Church is funded to coordinate prevention efforts throughout Halifax and Northampton counties, facilitate an advisory board, an abstinence/prevention taskforce, a community summit, a teen summit and two family centers. Also, students in grades K-12 receive abstinence education as part of their health or physical education classes. Eighth and ninth grade students receive an intensive after-school intervention. All other after-school programs incorporate the selected abstinence curriculum into their existing programs.

\* Grant: \$225,000  
\* Contact: Rev. Franklin Williams; 252-583-1841

**The Public Health Authority of Cabarrus County**

Kannapolis, North Carolina

This AFL prevention project implements an intensive abstinence education pregnancy prevention program for males and females attending Kannapolis Middle School. The program is administered and implemented by the Cabarrus Health Alliance in partnership with the Kannapolis City Schools. The program consists of the following components: 24 sessions of abstinence curriculum; weekly academic tutoring sessions; and enrichment activities once a week throughout the year in conjunction with Piedmont Behavioral Healthcare, the school nurses and school guidance counselors. The participants are tracked until their anticipated high school graduation dates to determine the effectiveness of the program.

\* Grant: \$150,000

\* Contact: Barbara Sheppard; 704-920-1249

**Catholic Social Services of the Miami Valley**

Dayton, Ohio

This project provides a multi-faceted, intensive and long-term prevention model for younger adolescents in 3 different neighborhoods. It focuses on developing the strengths of the participants and helping them understand the value of sexual abstinence and avoidance of other health risk behaviors. The plan integrates a new abstinence education component into current programming already in place at 3 local community-based sites in the target area.

\* Grant: \$225,000

\* Contact: Peggy Seboldt; 937-299-5465 x 114

**Tri County Right to Life Educational Foundation**

New Carlisle, Ohio

The Real Life Program is a program of Tri-County Right to Life Educational Foundation. The Tri-County Right to Life Educational Foundation is a private, non-profit organization, which has specialized in pregnancy prevention particularly abstinence education, for over seven years. The purpose of this project is to further their positive, consistent, and medically accurate abstinence message to adolescents within communities. With 5-day programs for 6, 7, and 8th grades, and 8-day programs for high school, Real Life addresses the issues of teenage sexual behavior, drug/alcohol/tobacco use, and violence. This program focuses on positive behaviors that will benefit these young people and encourages them replace prevalent unhealthy adolescent attitudes.

\* Grant: \$225,000

\* Contact: Emily McDonald; 937-845-0403

**St. Vincent Mercy Medical Center**

Toledo, Ohio

St. Vincent Mercy Medical Center is implementing the Positive Choices program, an adolescent pregnancy prevention program, in collaboration with Toledo Public Schools. Unique features of the program include ongoing after-school programming, an intensive summer program, peer mentoring, parent involvement, and inclusion of teens with special

needs. Positive Choices conducts in-school abstinence education for the intervention group of seventh graders in three large urban junior high schools with racially diverse student populations that are at risk for problem behaviors. Classes of students are divided into an intervention group and a comparison group. The intervention group continues to receive in-school abstinence education, after-school, and summer programming. Students in both groups are followed up each year to assess the effects of the interventions on attitudes towards abstinence, refusal self-efficacy, intentions towards sexual activity, attitudes and behaviors regarding other risky behaviors such as drinking, smoking, and violent behaviors, and the effects of program dosage on the aforementioned measures.

\* Grant: \$300,000

\* Contact: Connie Cameron; 419-251-2453

### **Northwest Family Services**

Portland, Oregon

YOUTH SOLUTIONS combines multiple intervention strategies in a coordinated effort to reach primarily Latino teens and their parents with a consistent abstinence message. The FACTS or "Datos" curriculum, created and piloted by this agency, reaches students from ages 12-18 with effective strategies to reduce the transition rates into sexual activity. This prevention project combines the curriculum component with peer-enacted dramas, abstinence rallies, abstinence pledges, teacher training, parent education, peer leadership, a bi-lingual media campaign with website, and community support. The evaluation hopes to show that program participants will increase their intention to remain abstinence and will increase knowledge regarding the risk of premarital sex.

\* Grant: \$225,000

\* Contact: Rose Fuller; 503-215-6377

### **Mercy Hospital of Pittsburgh**

Pittsburgh, Pennsylvania

Established in 1847 by the Sisters of Mercy, Mercy Hospital of Pittsburgh is a non-profit 501 (C) (3) "flagship" of Pittsburgh Mercy Health System. This inner city community teaching hospital is deeply concerned about the adolescents in their care. Mercy Hospital of Pittsburgh has expanded and enhanced their program by offering a new phase of innovative youth development programming in community, school, and hospital settings. Additionally, Mercy has three models of support that are holistic and coherent to the community of Pittsburgh: 1) A school-based model, which has a two-fold approach: educational activities and a support group, which uses the "Boys to Men" and "Phenomenal Females" curricula; 2) a community-based model which primarily serves two communities within the City of Pittsburgh: the Hill District and the South Side and; 3) a hospital based model designed to meet the pediatric primary care, gynecological needs of all adolescents, as well as provide psychosocial and educational support on site. The hours of operation are 3pm to 7pm, Tuesdays and Thursdays. The prevention/abstinence components are medical, psychosocial, and educational. The evaluation focuses on the change in attitude and intention for those served.

\* Grant: \$225,000

\* Contact: Marcia Scott; 412-232-5833

### **To Our Children's Future With Health**

Philadelphia, Pennsylvania

To Our Children's Future With Health is a community-based agency. This AFL funded project has expanded their abstinence education services to the Nicetown-Tioga community in North Philadelphia. The project serves approximately 400 youth aged 9 to 14. The project activities are based on the youth asset building model that takes positive approaches to addressing the reduction of high-risk behavior in youth. The project is comparing its 20-hour curriculum intervention with its 52-hour curriculum, "Soaring With Confidence Above the Crowd." The curriculum includes parent involvement in parent-youth sessions to help improve the paths of communication and parent-child connection, as well as addressing traditional and cultural values centering on the issues of marriage and the expected standards of sexual behavior for grade school youth. The evaluation design entails pre/post testing with a six-month follow-up for a cohort for two years.

\* Grant: \$225,000

\* Contact: Robin Foster-Drain; 215-879-7740

### **Crozer Chester Medical Center**

Upland, Pennsylvania

A second Adolescent Family Life grant is currently enhancing and expanding the abstinence education program adding a Leadership 101 component. A school based model, Leadership 101 focuses on both sexual and non-sexual antecedents within the youth development framework. It is designed to capitalize on the power of positive peer pressure and mentoring, which is built on the foundation of knowledge and attitudes while promoting abstinence as defined by the A-H. The Leadership Team, consisting of staff, faculty, and college, high and middle school students in the capacity of role models and mentors, carry out the project. The model employs five key elements on sexual and non-sexual antecedents of teen pregnancy: abstinence education, service learning, small group mentoring, academic and professional skill building, and arts and recreation activities.

\* Grant: \$154,194

\* Contact: Rima Himelstein; 610-490-1755

### **Heritage Community Services**

Aiken, South Carolina

This project uses "The Heritage Method" of programming which is comprised of a "450-minute high- impact interactive abstinence education component," a twelve-lesson character-based abstinence education component, a parent component, a faith community component, a media component, and a Family Assets and Character Council component. Youth are provided with abstinence education in a school setting each year for three years. The character-based component is a supportive element to the abstinence education and operates in a "club like" fashion. Heritage is conducting an agency wide, as well as a project specific, evaluation that examines the differences between pre and post and follow up for each of its youth. A comparison strategy is also being implemented with this project using similar schools in the area.

\*Grant: \$200,000  
\*Contact: Sheila Whittington; 803-648-9199

### **Heritage Community Services**

Charleston, South Carolina

This project uses "The Heritage Method" of programming which is comprised of a "450-minute high- impact interactive abstinence education component," a twelve-lesson character-based abstinence education component, a parent component, a faith community component, a media component, and a Family Assets and Character Council component. Youth are provided with abstinence education in a school setting each year for three years. The character-based component is a supportive element to the abstinence education and operates in a "club like" fashion. This project operates in an urban and a rural community in the Charleston area. Heritage is conducting an agency wide, as well as a project specific, evaluation that examines the differences between pre and post and follow up for each of its youth. A comparison strategy is also being implemented with this project using similar schools in the area.

\*Grant: \$300,000  
\*Contact: Jerry Raymond; 843-863-0508, ext. 130

### **Medical University of South Carolina**

Charleston, South Carolina

This project enhances current school-based sexuality classes by using "Managing Pressures Before Marriage" (MPBM) and adding a peer mentoring component. There are 3 levels of intervention which are tested through randomized client participation. The 1st level is standard school-based sexuality education. The 2nd level is Standard + MPBM, in class room settings. The 3rd level is Standard + MPBM+ teen developmental component, in an after-school setting. Groups are facilitated by program staff for the curriculum enhancements. The developmental component is lead by pregnant or parenting peer mentors. These mentors are participants from the grantee's CARE AFL program. The peer groups reinforce education as well as provide other activities emphasizing achievement and behavioral goals.

\* Grant: \$225,000  
\* Contact: Janice Key; 843-876-1490

### **The Children's Council**

Lancaster, South Carolina

The Children's Council community coalition project is based on the Risk Focused Prevention Model, which articulates 19 research-based risk factors associated with teen pregnancy. The program has a strong focus on parents being the primary sexuality educators for their children and on parent-child communication and connectedness, utilizing the Families and Schools Together (FAST) and Can We Talk programs. Through the 12 week Baby-Think-It-Over/ pregnancy prevention/ peer refusal skills training health class intervention, the project reaches every 9<sup>th</sup> grade student in Lancaster County. Academic Assistance Labs provides a place for students to receive assistance with and a quiet place to do homework, re-take tests, and receive assistance with assignments. The data that the project collected regarding youth risk behavior has



opened doors for additional community awareness and programming to address these issues. The project has produced PSAs and 30-minute programs that are played frequently on a local public access station that is viewed by many of the residents.

\* Grant: \$208,937

\* Contact: Heather Mueller; 803-283-4995

### **Rural American Initiatives**

Rapid City, South Dakota

Rural American Initiatives, in partnership with St. Isaac Joques Catholic Parish, is targeting Native American youth ages 12-19. Utilizing the "Sex Can Wait" (ETR Associates) and the "Lifeskills" curricula (Botvin) in addition to substance abuse counseling and physical fitness activities, the program recruits kids from the local middle schools and engages them in daily after-school programming. Staff develop intensive mentoring relationships with youth and engage them in various crafts, field trips and cultural activities while reiterating the components of abstinence and risk avoidance messages. The goals of the program are to promote a positive identity for Native youth, to teach abstinence from sexual activity until marriage as the acceptable standard for Lakota teens, and to reduce the Native teen pregnancy rate and the related rates of Chlamydia and gonorrhea. Reductions in all risky behaviors are expected from the program.

\* Grant: \$274,635

\* Contact: Bruce Long Fox; 605-341-3339

### **Break the Cycle, Inc.**

Loudon, Tennessee

Break the Cycle (BTC) is conducting multiple interventions in two rural counties in Tennessee: Smith County (about 1 hour from Nashville) and Loudon County (about 30 minutes from Knoxville). The in-school program consists of conducting the Botvin LifeSkills substance abuse prevention curriculum, Managing Pressures Before Marriage, ActSmart HIV/AIDS curriculum, Baby Think It Over (BTIO), Empathy Belly, and puberty instruction. The project also uses a WAIT Team, high school students who are recruited to be abstinence educators and mentors for the middle school students, in the schools in both counties. Smith County also has an after-school program using the Community Works and LifeSkills curricula and cultural activities and community service. The program is innovative in combining multiple types of in-school programming with after-school programming that incorporates service learning projects, projects fostering creativity, and integration of risk avoidance knowledge with future oriented activities.

\*Grant: \$175,000

\*Contact: Linda Knight; 865-458-1597

### **Youth and Family Alliance, dba LifeWorks**

Austin, Texas

LifeWorks Adolescent Pregnancy Prevention Project is a curriculum-based project that fosters open communication about relationships, peer pressure, and making healthy choices. Programming consists of semester or year-long school groups and summer

programming in 3 areas of Austin, Texas. Both school-based and summer programming provide a significant amount of time during which staff are able to build meaningful relationships with youth, while providing a safe place for youth to share struggles of adolescence. The groups also include 3 volunteer activities each semester. Prevention specialists provide one-on-one mentoring to youth, as well as individualized support to group members as needed. Family Nights in which parents receive information on parenting, puberty and sexuality, and interaction with staff are conducted once a semester. LifeWorks is testing the hypothesis that youth in grades 5 through 7 who receive a higher volume of prevention services (i.e., more hours of participation in groups and more types of interventions) will be more likely to delay sexual involvement.

\* Grant: \$181,405

\* Contact: Amy Pierce; 512-324-6885

### **Dallas Independent School District**

Dallas, Texas

The Dallas Independent School District is the tenth largest urban school district in the United States. The District already has in place a very intensive Adolescent Family Life (AFL) abstinence education program called "SMART" (Students Making Abstinence Real Today). SMART is an after-school program that serves students in grades 4 through 6 in eight public schools. The enhanced AFL project called "SMART TWO" expands the current program from eight public schools to sixteen. Both programs have remarkable support from the school leadership. The combined programs consist of 110 hours of intervention. In addition to use of curricula and educational materials, the SMART Two program uses a variety of developmental assets activities developed by Search Institute. The teachers in the Dallas Independent School District have had extensive training in this approach. These activities range from the use of mentors, physical fitness, cultural enrichment strategies, community service, etc. The project's motto is: "If a program has an impact on adolescent behavior for only a few weeks, then that program will not have much of an impact on the many adolescent years prior to marriage." (Journal of School Health, March 1999).

\* Grant: \$225,000

\* Contact: Victor Cheatham; 972-925-8040

### **Fifth Ward Enrichment Program**

Houston, Texas

The Fifth Ward Enrichment Program is implementing a community and school-based model of abstinence education that incorporates the "Sex Can Wait" and "Life Skills" curricula, substance abuse and violence prevention modules, mentoring, leadership development, tutoring, career development, and health education with middle school and high school African American and Hispanic males in the Fifth Ward of Houston, Texas. Students receive tutoring and mentoring services from similar-race older men in college and career paths in order to provide these services as well as role modeling of successful African American men. The project utilizes a network of collaborative partners to provide the support and referral sources needed by the young men. The project incorporates abstinence from sexual activity with abstinence from violence, alcohol and drugs, and other risk-taking behaviors. Program participants are exposed to many

activities and opportunities, including college and career visits, positive male role models who encourage abstinence and non-violence, and entrepreneurial and leadership development training.

\* Grant: \$225,000

\* Contact: Ernest McMillian; 713-229-8353

### **JOVEN**

San Antonio, Texas

JOVEN is a private, non-profit community agency that has served young people in San Antonio for the past 12 years. San Antonio has been ranked as the 12th largest city in the United States in births to teen mothers and Texas has been ranked among the top three States in births to teens. JOVEN serves over 500 teens and 50 parents. The student clients, ages 10-15, in grades 6 through 8, are largely Hispanic from Medina Valley on the Southside of San Antonio and Harlandale School on the Westside. Programs are conducted in public schools during regular school hours as well as in community centers. The project is largely curriculum-driven, using an enhanced version of the "Sex Can Wait" curriculum over a 9-week period. The project expanded the program from a 13-hour intervention to at least 20 hours during the school year. The project is evaluating its effectiveness on adolescent risky behaviors.

\* Grant: \$222,251

\* Contact: Mary Baird; 210-924-0330

### **Baptist Child and Family Services**

San Antonio, Texas

Baptist Child and Family Services is a non-profit, faith-based social services organization who has been providing services in South Texas for 60 years. The "Decisions for Life" pregnancy prevention project targets approximately 475 sixth, seventh, and eighth graders at one middle school in San Antonio. The majority of these students are Hispanic from low income families. "Decisions for Life" utilizes the curricula "Start SMART," "Stay SMART," and a specially designed curriculum just for eighth graders. All of the curricula are age appropriate. In addition to the in-class abstinence education component, Decisions for Life incorporates an after school asset-driven youth training program for two-thirds of the sixth and seventh graders and all of the eighth graders. This component utilizes seven types of activities: community service, cultural appreciation, academic support/college prep, sports and fitness, arts, leadership training, and annual events. This project is innovative in its deliberate and conscious approach to incorporating A-H guidelines and developmental assets into each activity and intervention component.

\*Grant: \$300,000

\*Contact: Christina Diaz; 210-212-5518

### **The Boat People SOS**

Falls Church, Virginia

Founded in 1980, the Boat People SOS (BPSOS) is a community-based organization that has served 30,000 Vietnamese refugees and immigrants across the country. In the 1980's BPSOS initiated a worldwide effort to rescue Vietnamese 'boat people' who were victims of piracy in the gulf of Thailand. Since, the BPSOS has organized and managed 13

branch offices nationwide and has over 21 years of experience serving Vietnamese refugee and immigrants. The Adolescent Family Life - Teens Wait program is implemented with a collaborating partner: Committee for Religious Freedom in Vietnam, a 501-c(3) organization. They work closely with the different faith-based institutions in the Vietnamese-American community. The project serves both urban and suburban areas throughout Northern Virginia, Suburban Maryland and in the District of Columbia. In "Teens Wait," BPSOS delivers services to Vietnamese refugees and immigrant teenagers, male and female, ages 12-19, Vietnamese parents and immigrant parents, and youth groups leaders.

\* Grant: \$100,000

\* Contact: Lan Nguyen; 703-647-6470

### **James Madison University**

Harrisonburg, Virginia

The Central Shenandoah Valley Teen Pregnancy Prevention (CSVTPP) is a collaborative initiative between James Madison University's Office on Children and Youth and the Central Shenandoah Valley Office on Youth. CSVTPP serves a rural region in Western Virginia. The program incorporates two main components. The first is the Abstinence Awareness Campaign which is a region-wide media effort to promote the message of abstinence. The second is the "Vision of You" educational intervention. This school-based intervention is a ten session choices and consequences program targets over 720 middle, high, and alternative school adolescents. This project utilizes portions of the "Game Plan" and "Navigator" curricula. This project is progressive in its attempt to affect the entire community and the community's acceptance of abstinence. Through the media campaign, the message of abstinence will become widespread and will support the efforts of the educational component with the targeted youth.

\*Grant: \$269,031

\*Contact: Jane Hubbell; 540-568-2558

### **Wise Women Gathering Place**

Green Bay, Wisconsin

Wise Women Gathering Place (WWGP) implements their Community-Based Abstinence Culture (C-BAC) Project with two tribal organizations in the Green Bay area. The WWGP is a 501(c)(3) non-profit organization providing information and resources to women and their families for healthy approaches to health and wellness issues such as: puberty, pregnancy, childbirth, menopause, parenting, relationships, and prevention of STDs and unplanned pregnancy. The ultimate goal of C-BAC Project is to reduce the incidence of premarital sex among teens while promoting a supporting culture to abstinence. The C-BAC Project implements its abstinence educational program to 8th grade students in two Tribal Schools, Onieda and Menonominee. The grantee involves parents, teachers and peer mentors to strengthen its efforts in spreading the abstinence message. The agency uses "Discovery Dating" and "Network for Native Futures" curricula and an array of other abstinence educational material.

\* Grant: \$225,000

\* Contact: Alice Skenandore; 920-490-0627

**Red Cliff Band of Lake Superior Chippewa Indians**

Bayfield, Wisconsin

The Red Cliff Anishinabeg Family Values Project serves a rural Native American Reservation community. This project targets 50 high risk youth ages 12-17 using a culturally based pregnancy prevention curriculum. The curriculum was designed by the Red Cliff Band's First American Prevention Center to promote strong identification with tribal values, reinforcement of sexual abstinence, and family responsibility. This project utilizes community involvement and support to reach adolescents and parents. Youth meet after school in their age appropriate groups and one evening per month with their families. This project fills a need in the community with respect to positive activities, tribal teachings, and adolescent pregnancy prevention education. The use of community leaders, tribal values, guest speakers, and the Junior Tribal Council all demonstrate the innovative characteristics of this project.

\*Grant: \$152,000

\*Contact: Lynne Basina; 715-779-3755